



THE HIGHLANDS  
INDEPENDENT LIVING  
A GRACE MGMT COMMUNITY

# JANUARY 2023

30 Governors Way  
Topsham, Maine 04086  
207-725-2650  
[www.highlandsrc.com](http://www.highlandsrc.com)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b></p> <p><b>SE 1:30</b> Sunday Movie Matinee - T</p> <p><b>SE 4:00</b> Afternoon Symphony - T</p> <p><b>CC 4:00</b> Book Chat-K</p> <p><b>SP 4:00</b> Highlands Vesper Service - GP</p> <p><b>SE 7:00</b> Sunday Night Movie - T</p>	<p><b>2</b></p> <p><b>CR 10:00</b> Writers' Group - K</p> <p><b>CC 1:00</b> Cribbage - H</p> <p><b>SO 7:00</b> Open Chat-GP</p>	<p><b>3</b></p> <p><b>PY 9:00</b> Aqua Power Waves - Pool</p> <p><b>PR 9:00</b> Shopping: Hannaford - ML</p> <p><b>PY 9:00</b> Strength Training-F</p> <p><b>PY 10:00</b> Strength Training-F</p> <p><b>PR 10:15</b> Shopping: Hannaford - ML</p> <p><b>CC 11:00</b> Book Look-KMR</p> <p><b>PY 11:00</b> Chair Connection - M</p> <p><b>CC 1:30</b> Backgammon - H</p> <p><b>2:30</b> Tuesday at 2:30- Jay Staples-GP</p>	<p><b>4</b></p> <p><b>SO 8:00</b> Chef's Breakfast</p> <p><b>PY 9:00</b> Aqua Exercise - Pool</p> <p><b>PY 10:00</b> Chair Connection - M</p> <p><b>CC 1:30</b> Mahjong - K</p> <p><b>E 6:30</b> Opera/Musical - T</p>	<p><b>5</b></p> <p><b>PY 9:00</b> Aqua Cardio Splash - Pool</p> <p><b>PY 9:00</b> Strength Training-F</p> <p><b>PY 10:00</b> Strength Training-F</p> <p><b>PY 11:00</b> Chair Connection - M</p> <p><b>CC 1:00</b> Scrabble - H</p> <p><b>CC 1:30</b> Mahjong - K</p> <p><b>PY 3:00</b> Boot Camp - F</p> <p><b>SE 7:00</b> Thursday Series - T</p>	<p><b>6</b></p> <p><b>PR 9:00</b> Shopping: Maine Street Brunswick-ML</p> <p><b>PY 9:00</b> Tai Chi-F</p> <p><b>PY 9:00</b> Water Wellness-F</p> <p><b>PY 10:00</b> Chair Connection - M</p> <p><b>SE 10:30</b> Highlands Ukulele Group-MMB</p> <p><b>SO 4:00</b> First Friday Happy Hour-GP</p> <p><b>PR 7:00</b> Documentary - T</p>	<p><b>7</b></p> <p><b>PY 10:00</b> Ping Pong - M</p> <p><b>SE 11:00</b> Morning Symphony - T</p> <p><b>SE 2:00</b> Saturday Movie Matinee - T</p> <p><b>SE 7:00</b> Saturday Night Movie - T</p>
<p><b>8</b></p> <p><b>SE 1:30</b> Sunday Movie Matinee - T</p> <p><b>SE 4:00</b> Afternoon Symphony - T</p> <p><b>SE 7:00</b> Sunday Night Movie - T</p>	<p><b>9</b></p> <p><b>PR 9:00</b> Shopping: Cooks Corner - ML</p> <p><b>PY 9:00</b> Water Wellness-F</p> <p><b>PY 10:00</b> Chair Connection - M</p> <p><b>10:00</b> Chair Yoga with Ann Kimmage \$-F</p> <p><b>CC 1:00</b> Cribbage - H</p> <p><b>3:00</b> Aqua CD-Signup Required-F</p>	<p><b>10</b></p> <p><b>PY 9:00</b> Aqua Power Waves - Pool</p> <p><b>PR 9:00</b> Shopping: Hannaford - ML</p> <p><b>PY 9:00</b> Strength Training-F</p> <p><b>PY 10:00</b> Strength Training-F</p> <p><b>PR 10:15</b> Shopping: Hannaford - ML</p> <p><b>PY 11:00</b> Chair Connection - M</p> <p><b>PR 11:00</b> New Residents Tour - ML</p> <p><b>CC 1:30</b> Backgammon - H</p> <p><b>2:30</b> Tuesdays at 2:30-</p>	<p><b>11</b></p> <p><b>PY 9:00</b> Aqua Exercise - Pool</p> <p><b>PR 9:00</b> Shopping: Trader Joe's &amp; Whole Foods \$# - ML</p> <p><b>PY 10:00</b> Chair Connection - M</p> <p><b>10:30</b> Maine Thr3Railers Model Train Demonstration-GP</p> <p><b>CC 1:30</b> Mahjong - K</p> <p><b>E 6:30</b> Opera/Musical - T</p>	<p><b>12</b></p> <p><b>PY 9:00</b> Aqua Cardio Splash - Pool</p> <p><b>PY 9:00</b> Strength Training-F</p> <p><b>PY 10:00</b> Strength Training-F</p> <p><b>PY 11:00</b> Chair Connection - M</p> <p><b>CC 1:00</b> Scrabble - H</p> <p><b>CC 1:30</b> Mahjong - K</p> <p><b>E 2:00</b> Caregiver Support Group - HFBR</p> <p><b>PR 2:00</b> Welcome Committee - M</p> <p><b>PY 3:00</b> Boot Camp - F</p> <p><b>SE 7:00</b> Thursday Series - T</p>	<p><b>13</b></p> <p><b>PR 9:00</b> Shopping: Maine Street Brunswick-ML</p> <p><b>PY 9:00</b> Tai Chi-F</p> <p><b>PY 9:00</b> Water Wellness-F</p> <p><b>PY 10:00</b> Chair Connection - M</p> <p><b>SE 10:30</b> Highlands Ukulele Group-MMB</p> <p><b>PR 1:30</b> Highlands Singers-GP</p> <p><b>PR 7:00</b> Documentary - T</p>	<p><b>14</b></p> <p><b>PY 10:00</b> Ping Pong - M</p> <p><b>SE 11:00</b> Morning Symphony - T</p> <p><b>SE 2:00</b> Saturday Movie Matinee - T</p> <p><b>SE 7:00</b> Saturday Night Movie - T</p>
<p><b>15</b></p> <p><b>SE 1:30</b> Sunday Movie Matinee - T</p> <p><b>SE 4:00</b> Afternoon Symphony - T</p> <p><b>CC 4:00</b> Book Chat-K</p> <p><b>SP 4:00</b> Highlands Vesper Service - GP</p> <p><b>SE 7:00</b> Sunday Night Movie - T</p>	<p><b>16</b></p> <p><b>PR 9:00</b> Shopping: Cooks Corner - ML</p> <p><b>PY 9:00</b> Water Wellness-F</p> <p><b>PY 10:00</b> Chair Connection - M</p> <p><b>10:00</b> Chair Yoga with Ann Kimmage \$-F</p> <p><b>CR 10:00</b> Writers' Group - K</p> <p><b>PR 11:00</b> Activities Committee - K</p> <p><b>CC 1:00</b> Cribbage - H</p> <p><b>3:00</b> Aqua CD-Signup Required-F</p> <p><b>CC 7:00</b> Card BINGO - H</p>	<p><b>17</b></p> <p><b>PY 9:00</b> Aqua Power Waves - Pool</p> <p><b>PR 9:00</b> Shopping: Hannaford - ML</p> <p><b>PY 9:00</b> Strength Training-F</p> <p><b>PY 10:00</b> Strength Training-F</p> <p><b>PR 10:15</b> Shopping: Hannaford - ML</p> <p><b>PY 11:00</b> Chair Connection - M</p> <p><b>CC 1:30</b> Backgammon - H</p> <p><b>2:30</b> Tuesdays at 2:30- Jack Jones Presents His</p>	<p><b>18</b></p> <p><b>PY 9:00</b> Aqua Exercise - Pool</p> <p><b>PY 10:00</b> Chair Connection - M</p> <p><b>CC 1:30</b> Mahjong - K</p> <p><b>PR 2:00</b> Food Committee Meeting - S</p> <p><b>SO 5:00</b> Mystery Dinner \$# - ML</p> <p><b>E 6:30</b> Opera/Musical - T</p>	<p><b>19</b></p> <p><b>PY 9:00</b> Aqua Cardio Splash - Pool</p> <p><b>PY 9:00</b> Strength Training-F</p> <p><b>PY 10:00</b> Strength Training-F</p> <p><b>PY 11:00</b> Chair Connection - M</p> <p><b>CC 1:00</b> Scrabble - H</p> <p><b>CC 1:30</b> Mahjong - K</p> <p><b>SO 2:30</b> Brew Crew-ML</p> <p><b>PY 3:00</b> Boot Camp - F</p> <p><b>SE 7:00</b> Thursday Series - T</p>	<p><b>20</b></p> <p><b>PR 9:00</b> Shopping: Maine Street Brunswick-ML</p> <p><b>PY 9:00</b> Tai Chi-F</p> <p><b>PY 9:00</b> Water Wellness-F</p> <p><b>PY 10:00</b> Chair Connection - M</p> <p><b>SE 10:30</b> Highlands Ukulele Group-MMB</p> <p><b>PR 1:30</b> Highlands Singers-GP</p> <p><b>PR 7:00</b> Documentary - T</p>	<p><b>21</b></p> <p><b>PY 10:00</b> Ping Pong - M</p> <p><b>SE 11:00</b> Morning Symphony - T</p> <p><b>SE 2:00</b> Saturday Movie Matinee - T</p> <p><b>SE 7:00</b> Saturday Night Movie - T</p>

Events are Subject to Change.



**THE HIGHLANDS**  
INDEPENDENT LIVING  
A GRACE MGMT COMMUNITY

# JANUARY 2023

30 Governors Way  
Topsham, Maine 04086  
207-725-2650  
[www.highlandsrc.com](http://www.highlandsrc.com)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>22</b></p> <p><b>SE 1:30</b> Sunday Movie Matinee - T</p> <p><b>SE 4:00</b> Afternoon Symphony - T</p> <p><b>SE 7:00</b> Sunday Night Movie - T</p>	<p><b>23</b></p> <p><b>PR 9:00</b> Shopping: Cooks Corner - ML</p> <p><b>PY 9:00</b> Water Wellness-F</p> <p><b>PY 10:00</b> Chair Connection - M</p> <p><b>10:00</b> Chair Yoga with Ann Kimmage \$-F</p> <p><b>CC 1:00</b> Cribbage - H</p> <p><b>3:00</b> Aqua CD-Signup Required-F</p> <p><b>SE 7:00</b> Open Mic Night - GP</p>	<p><b>24</b></p> <p><b>PY 9:00</b> Aqua Power Waves - Pool</p> <p><b>PR 9:00</b> Shopping: Hannaford - ML</p> <p><b>PY 9:00</b> Strength Training-F</p> <p><b>PY 10:00</b> Strength Training-F</p> <p><b>PR 10:15</b> Shopping: Hannaford - ML</p> <p><b>PY 11:00</b> Chair Connection - M</p> <p><b>CC 1:30</b> Backgammon - H</p> <p><b>2:30</b> Tuesdays at 2:30-Flash Allen-GP</p> <p><b>SO 3:30</b> On Parle Francais-</p>	<p><b>25</b></p> <p><b>PY 9:00</b> Aqua Exercise - Pool</p> <p><b>PY 10:00</b> Chair Connection - M</p> <p><b>SO 11:00</b> Food Truck Exploring with Jane\$#-ML</p> <p><b>CC 1:30</b> Mahjong - K</p> <p><b>E 6:30</b> Opera/Musical - T</p>	<p><b>26</b></p> <p><b>PY 9:00</b> Aqua Cardio Splash - Pool</p> <p><b>PY 9:00</b> Strength Training-F</p> <p><b>PY 10:00</b> Strength Training-F</p> <p><b>PR 10:30</b> Topsham Library - ML</p> <p><b>PY 11:00</b> Chair Connection - M</p> <p><b>CC 1:00</b> Scrabble - H</p> <p><b>PR 1:00</b> Tech Support with Victor-Library</p> <p><b>CC 1:30</b> Mahjong - K</p> <p><b>PY 3:00</b> Boot Camp - F</p> <p><b>SE 7:00</b> Thursday Series - T</p>	<p><b>27</b></p> <p><b>PR 9:00</b> Shopping: Maine Street Brunswick-ML</p> <p><b>PY 9:00</b> Tai Chi-F</p> <p><b>PY 9:00</b> Water Wellness-F</p> <p><b>PY 10:00</b> Chair Connection - M</p> <p><b>SE 10:30</b> Highlands Ukulele Group-MMB</p> <p><b>PR 1:30</b> Highlands Singers-GP</p> <p><b>PR 7:00</b> Documentary - T</p>	<p><b>28</b></p> <p><b>PY 10:00</b> Ping Pong - M</p> <p><b>SE 11:00</b> Morning Symphony - T</p> <p><b>SE 2:00</b> Saturday Movie Matinee - T</p> <p><b>SE 7:00</b> Saturday Night Movie - T</p>
<p><b>29</b></p> <p><b>SE 1:30</b> Sunday Movie Matinee - T</p> <p><b>SE 4:00</b> Afternoon Symphony - T</p> <p><b>CC 4:00</b> Book Chat-K</p> <p><b>SE 7:00</b> Sunday Night Movie - T</p>	<p><b>30</b></p> <p><b>PR 9:00</b> Shopping: Cooks Corner - ML</p> <p><b>PY 9:00</b> Water Wellness-F</p> <p><b>PY 10:00</b> Chair Connection - M</p> <p><b>10:00</b> Chair Yoga with Ann Kimmage \$-F</p> <p><b>CC 1:00</b> Cribbage - H</p> <p><b>3:00</b> Aqua CD-Signup Required-F</p>	<p><b>31</b></p> <p><b>PY 9:00</b> Aqua Power Waves - Pool</p> <p><b>PR 9:00</b> Shopping: Hannaford - ML</p> <p><b>PY 9:00</b> Strength Training-F</p> <p><b>PY 10:00</b> Strength Training-F</p> <p><b>PR 10:15</b> Shopping: Hannaford - ML</p> <p><b>PY 11:00</b> Chair Connection - M</p> <p><b>CC 1:30</b> Backgammon - H</p> <p><b>SO 3:30</b> On Parle Francais-BPCR</p>				

Events are Subject to Change.